

Grief & Bereavement

INFORMATION GUIDE



The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

Michigan Medicine Resources

- **Social Work & Spiritual Care**
<http://www.uofmhealth.org/patient-visitor-guide/counseling-spiritual-services>
Social Workers and Spiritual Care can help with discharge planning, counseling, general information and referrals to community agencies.

Brochures, Fact Sheets

- Caring Connections. **There is No Right or Wrong Way to Grieve after a Loss.** Available online at:
http://www.caringinfo.org/files/public/brochures/There_is_no_Wrong_or_Right_Way_to_Grieve_After_a_Loss.pdf
- Michigan Medicine Rogel Cancer Center. **Grief and Loss: Coping with the Death of a Loved One**
<https://www.rogelcancercenter.org/files/grief-and-loss-booklet.pdf>
- National Cancer Institute. **Grief, Bereavement, and Coping with Loss (PDQ®)-Patient Version**
<https://www.cancer.gov/about-cancer/advanced-cancer/caregivers/planning/bereavement-pdq>
- National Institute on Aging. **Mourning the Death of a Spouse**
<https://order.nia.nih.gov/sites/default/files/2018-09/mourning-the-death-of-a-spouse.pdf>

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Books

- Canfield, Jack. **Chicken Soup for the Grieving Soul: Stories About Life, Death and Overcoming the Loss of a Loved One.** New York, NY: Backlist, LLC, 2012.
- Grollman, Earl A. **Living When a Loved One Has Died.** London, UK: Souvenir Press Ltd., 2014.
- James, John W. and Friedman, Russell. **The Grief Recovery Handbook.** New York, NY: William Morrow Paperbacks, 2009.
- Kaufmann, Judy Carole. **The Essential Guide to Life after Bereavement: Beyond Tomorrow.** London, UK: Jessica Kingsley Pub, 2013.
- Kodanaz, Rachel Blythe. **Living with Loss, One Day at a Time.** Golden, CO: Fulcrum Publishing, 2013.
- Kubler-Ross, Elisabeth. **On Grief and Grieving.** New York: Scribner's, 2005.
- LaGrand, Louis. **Healing Grief, Finding Peace: 101 Ways to Cope with the Death of Your Loved One.** Sourcebooks, 2011.
- Lerner, Rudy. **You Can't Heal Until You Feel.** Omaha, NE: Grief Illustrated Press, 2012.

Audiovisual Resources

- The Counselling Channel. **When Someone Dies: Understanding Loss and Bereavement**
<https://www.youtube.com/watch?v=CWkX6-4lIFM>
This online video explores how 3 individuals experienced loss when someone close to them died and traces how their grief changed with the passage of time.

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Web Resources

- **Arbor Hospice: Grief Support**
<https://www.arborhospice.org/our-care-services/grief-care/>
Information on support groups and programs.
- **Association for Death Education and Counseling: Coping with Loss**
<http://tinyurl.com/lo3gnkk>
This site provides resources on coping with loss.
- **Center for Loss & Life Transition.**
<http://www.centerforloss.com>
The Center for Loss & Life Transition has material that allows those grieving, as well as those supporting them, to have all the right direction to overcome the grief and lead productive lives.
- **Compassionate Friends**
<http://www.compassionatefriends.org/home.aspx>
This national organization assists families grieving the loss of a child at any age.
- **GrieveWell**
<https://grievewell.com/resources/other-local-services/>
Includes information on grief as well as a list of local support groups.
- **Navigating Grief**
<http://www.navigatinggrief.com>
This site provides educational tools and insight into the grieving process through teleseminars, webinars, and blog posts by professionals.
- **Open to Hope**
<http://opentohope.com>
Open to Hope is a non-profit organization dedicated to helping people find hope after loss. They provide encouraging articles, books, and an online community to help people deal with difficult losses and continue to live happy, meaningful lives while working through grief.

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Community Resources

- **Bereavement Support Groups - St. Joseph Mercy Health System**
<http://www.stjoesann Arbor.org/bereavementservices>
These grief support groups are five-week series dedicated to helping those who have experienced the loss of someone significant in their life.
- **Hospice Foundation of America: Hospice Directory**
<https://hospicefoundation.org/Hospice-Directory>
Many hospice programs also offer support programs for the bereaved and can be contacted for this information.
- **Hospice of Michigan – Grief Support Groups**
<http://www.hom.org/our-services/grief-support-groups/>
List of grief support groups in Michigan from Hospice of Michigan.

This document contains information and/or instructional materials developed by the Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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